# DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

## Common Causes For Headaches and How to Avoid Them

By DR. LEONARD KEENE HIRSHBERG. A. B., M. A., M. D. (Johns Hopkins University.)



"Such a headach!" Nine times in ten you may know it is symptom of an indiscretion, or a definite disorder. If you would but pause and think about your particular headache you would begin to understand that such a symptom varied as symptom varied be looked after, not perhaps the concrete experience of Dr. E. P. Putnam of Sloux Falls, S.D. with headaches due to diseases of the dangers to which you expose your precious anatomy, when your self-administered remedies are taken for "Only a severe headache."

Headaches back or fore, between the eyes or "over the top"; neuralgas of the forehead bone. Often a bit of infectious material in the caverns of the forehead bone. Often a bit of infectious material in the caverns of the forehead bone. Often a bit of infectious material in the caverns of the forehead chone. Pasal bones or the teeth are sources of the servers headaches, may be due to disease of the nose or of the forehead bone. Often a bit of infectious material in the caverns of the forehead bone. Often a bit of infectious material in the caverns of the forehead bone. Often a bit of infectious material in the caverns of the forehead bone. Often a bit of infectious material in the caverns of the forehead chrontal—bone, nasal bones or the teeth are sources of the forehead chrontal—bone, nasal bones or fine teeth are sources of the core or of the forehead hone. Often a bit of infectious material in the caverns of the forehead bone. Often a bit of infectious material in the caverns of the forehead bone. Often a bit of infectious material in the caverns of the forehead bone. Often a bit of infectious material in the caverns of the forehead bone. Often a bit of infectious material in the caverns of the forehead headache. Chronic headaches, which go on all through life membranes may produce headaches and the romonic headache and the romonic headache for fine to more the dangers to which you expose your produced with the presence of bacteria and their poisonous produces. These, too, are mischiefmakers, and seleved militud

# **CRAMPS AND PAINS** IN THE STOMACH

QUICKLY CURED BY DR. FOWLER'S EXTRACT OF

WILDSTRAWBERRY

Mrs. J. Fawcett, Hopewell Hill, N. B.

Mrs. J. Fawcett, Hopewell Hill, N. B. writes: "I am writing you of my experience with Dr. Fowler's Extract of Wild Strawberry.

"This is worth while, after all the dangers and hardships, eh. Pettit?"

My father's face and voice radiated restful contentment as he sat in his feat; with me upon a small hassock at his feet, his hand stroking my haff, he was but the wreck of the rather of the gold as J. was reading your B. B. B. Hamane, I saw Dr. Fowler's Extract of Wild Strawberry advertised, so I saked my sister to go to the store and set me a bottle, and before I had taken whiter now had the slightest return of the trouble since. I cannot say enough for your valuable medicine, and always keep a bottle in the house."

You run absolutely no risk when you buy Dr. Fowler's Extract of Wild Strawberry as it has been a standard remed) on the market for the past 72 years. Ask for "Dr. Fowler's" and interest on setting it as the chean imita.

The Weak Spot.

"This is worth while, after all the dangers and hardships, eh. Pettit?"

My father's face and voice radiated festing that hand deen his. I reviewed quickly the members of my household, knowing that my father was was unalting for an answer phase of my household, knowing that my father was the told of the identity of our might was waiting for an answer phase to be identified face, his hair—far when he had left me so dramatically to go to South America. I lead that terrible experiences must lie better that the terrible experiences must lie better for the say of the saw of the detective was the told of the identity of our might was were already trained to say out might was been of the week spot in our defences. Cousin Scalage that transpired in our defences. Cousin Scalage and there was that in his deet the best of the say of the week spot in our defences. Cousin Scalage and there was that in his deet the was the told of the identity of our might was well weather. For the best of the say of the week spot in our defences. Cousin Scalage and there was that in his deet the s

ates upward puts the sinus of the cheek-bone under suspicion.

Operations are not the first resort of good surgeons. They are done only when applied medication fails.

Answers to Health Questions

MRS. D. F. Q.—Please tell me what to do for trouble in breathing, lost appetite and gas on the stomach.

A.—You should have a physical ex-A.—You should have a physical ex-amination made of your entire system before any proper treatment can be given. Good Night

A. B. C. Q .- What shall I do for high blood pressure?

A.—You should get more rest and sleep, and try not to over-exert your-self. Keep your intestines open and active. Taboo hot dishes, those which active. Taboo not disnes, those which are highly seasoned, sait, pepper, condiments, nuts, peas and beans. Take a bulgaria tablet with your meals and drink plenty of milk, cream and water. Take one-half grain of nitrate of soda in a little water every four hours for a few days.

Single An Gradie

THE LITTLE BROWN BALLS OF

THE SEA.

Take one-half grain of nitrate of soda in a little water every four hours for a few days.

Z. Q.—Please tell me how to reduce weight.

A.—You must get more than eight hours' sleep out of the 24, and you must keep the intestines open and active, and get daily outdoor exercise. You should reduce the amount of sugars, starches and oils which are taken into the body. Food laxatives such as uncooked bran and green vegetables help in the reducing process, as do green vegetables. Drink plenty of water between times, but do not drink any with your meals. You should not partake of alcoholic beverages of any kind at any time. Do not eat any bread except gluten, and have this toasted.

CARRIE. Q.—I keep my mouth open when I breathe. What can I do?

The SEA.

"Oh, Dicky, look at all the little brown balls rolled Dotty.

"Whoever heard of chestnut burs!"

"Oh, Happy Giggles, aren't they chestnut burs?" cried Dotty.

"No, indeed!" laughed a merry voice, and Happy Giggles, red little sea friend would feel insulted if he heard you calling him a chestnut bur."

Then, laughing merrily, Happy Giggles waved his magic feather, and one of the bobbing, brown halls rolled out on the shore at the children thought you fellows

covers. These, however, are not very resistant or impermeable to bacterial growth and penetration. Too much irritation or inflammation in the masal membranes may allow bacteria, which are, after all, a form of vegetation, to spread their roots and tentacles directly into a sinus.

Dull headaches in the front and on top of the head require industrious, attentive doctors to search into the frontal sinus by means of electric lights, X-rays and other instruments. Pain at the back of the head, back of the neck, or deeply in behind the nose and eyes suggests an investigation of the sinus of the deep nasal bones called sphenoids and ethnoida.

Neuralgia of the cheeks which radi-

### ADELE GARRISON'S NEW

REVELATIONS OF A WIFE Why Dr. Pettit Left the Room When Madge's Father Spoke of

Harry Underwood.

Bitrawferry, as it has been a standard remedy on the market for the past 72 years. Ask for "Dr. Fowlers" and insist on getting it, as the cheap imitations are dangerous to your health Price, 35c. Put up by The T. Milburn Company, Limited, Toronto, Ont.

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King Edward

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Lunch - 75c, Dinner de Luxe - \$1.50

Dinner d

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Thought Ranges.

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plates that look like bricks grow as Mr. Sea Urchin grows. Wouldn't it be funny if your clothes grew to suit you?"

Then Happy Giggles wished Mr. Sea Urchin's prickly coat back on him again just as a big wave washed him from the shore at the children's feet out into the



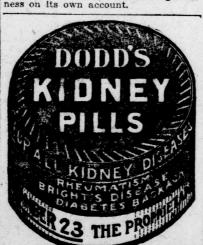
By Genevieve Kemble FRIDAY, SEPTEMBER 27.

A long chain of neutral planetary aspects makes this a day on which the inclining rather than the compelling influence of the stars will be felt. The strongest aspect is a transit of Jupiter, which makes it safe for investment and speculation, but these should not be which makes it safe for investment and speculation, but these should not be essayed rashly or with any possible loophole for quarrel, dispute or litigation, or for loss through extravagant expenditure. There may be some slight delay or disappointment or a slight accident. Those in employment are under adverse conditions for seeking favors, promotion, etc., and should be contented for the present with things as they are. However, advantages of a peculiar nature may be expected by all, possibly through the Neptunian channel of intuition, dream, premonition or nel of intuition, dream, premonition or psychic faculties of one's own or through mediumship.

Those whose birthday it is may have

a year of change with some perplexity.

They should avoid law and dispute. A child born on this day will be kind, generous, proud, artistic and accomplished, but may well avoid undertaking business on its own account.



LEAVE YOUR SAFETY RAZOR BLADES TO BE SHARPENED AT WALLACE'S DRUG STORE Durham Duplex Blades, dozen ...50c
All other double-edge blades, dozen 35c
Single-edge blades, dozen ...25c
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Old style razors, each ...25c
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100 dozen Ladies' Sample Handkerchiefs in a big range of styles—all white, white with colored border, embroidered corner in colors. A number of these are pure linen, others are linen, lawn and mull. Not a handkerchief in the range worth less 

Visor Knit All-Wool Sweater Coats, \$8.95 Six only Visor Knit All-Wool Sweater Coats, in saxe blue.

rose, tan, paddy, made with the convertible sailor collar; special value at \$10.00 and \$12.00. Your choice, while they last ...... \$8.95

#### made seamless throughout, spliced heel and toe, a splendid weight for present wear, sizes 81/2 to 101/2. Special. . 59c pair

EXTRA SPECIAL! Embroidered Voile Waist Fronts, 79c These are samples from a Swiss maker, very scarce goods, beautifully embroidered designs in floral pat-

Boys' Ribbed Cotton Hose, 35c

Boys' Ribbed Cotton Hose, slightly imperfect, regular 50c value, sizes 81/2 to 10; a splendid school

#### Bungalow Aprons. 87c

Bungalow Aprons, made from light prints, also dark patterns in grey only, good liberal sizes, sizes 36 to 42.

White Flannelette

Gowns, \$1.48

White Flannelette Gown, made

from good quality white flannel-

ette, three-quarter sleeve, lay-

# Fall Weight Vests,

# Leather Belts, 50c

Extra Quality Fine White Vest, high neck, long sleeve. inces; lengths from 30 to 38 about five dozen to sell at inches long; used for coats this special price ......35c | and dresses. Special 50c each

#### Serpentine Crepe. Patent Leather Belts in black, widths 2, 21/2 and 3 Serpentine Crepe for

Dark Brown Hose, Cashmere Finish, 59c

Ten dozen Penman's Dark Brown Hose, cashmere finish,

kimonos, the genuine quality, 30 inches wide, in a range of colors and designs. Special value ......39c yard

# CHILDREN'S BLACK PLUSH HATS, \$2.50

Children's Black Plush Hats, the best hat for real service and wear; a range of styles now in stock which we are unable to replace when these are gone. Be sure and secure your supply this week. Special .....\$2.50 each

### Little Girls' First Hats, | \$1.98 to \$3.50

A smart collection of Little Girls' First Hats, in silk poplin, crepe de chine and corduroy, all white or trimmed with pink and sky. Special values at....\$1.98, \$2.50, \$2.98, \$3.50

#### Girls' Trimmed Velvet Hats. \$2.50 to \$3.50

A range of Girls' Trimmed Velvet Hats, in black, navy, brown, green, sky and pink trimmed with ribbon and white fur. Special values at ..... \$2.50, \$2.98, \$3.50

### Black and Colored Underskirts, \$1.25

Black Sateen, Spun Glass Moire and Striped Underskirts, in a wide range of colors and styles, sizes 36 to 40. Special value ...... \$1.25 each

## Union Silk Poplin Specials, \$1.98

Extra quality Silk Poplin, in rose, grey, dark brown, sand, navy; 36 to 38 inches wide; splendid finish; desirable for 

# Navy Serge Dresses for Girls, \$4.95 to \$8.95

The school girl of 8, 10, 12 or 14 years looks nice and feels comfortable in pretty little Navy Serge Frocks like these, and they're splendidly serviceable, too-sailor dresses with pleated skirts. Priced from .....\$4.95 to \$8.95

# Misses' Dress of Cotton Gabardine, \$3.95

Misses' Dress of good quality Cotton Gabardine, in navy, green, burgundy and brown, sizes 13, 15 and 17 years. Extra special ...... \$3.95 each

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Fownes' Chamoisette Gloves, in white, natural, grey and mole, two dome fasteners. Special

..... \$1.25 Suede Gloves in natural and cream white ......\$1.50 pair W

Fownes' Washable Cape Gloves in light shade of castor with black stitching ......\$1.98

Storey's Washable Cape, pearl and castor, two do Fownes' Black Suede Gloves, two dome fasteners, Paris

Special showing of Chamois, Suede and Chamoisette Gloves 

### Flannel Waist for \$1.39

Striped Flannel Waists; grey ground colored pin stripes. Sizes 34 to 46. Special ...... \$1,39

#### Crepe de Chine, Pongee, Habutai. Silk Waists, \$2.98 Crepe de Chine Waists, in flesh, white and peach; pongee silk in natural color

and habutai silk in white only; sizes 36 to 42. Extra special ......\$2.98

#### Crepe de Chine Waist, \$4.95 Crepe de Chine Waists in white, flesh, maize, peach, in a range of styles; some have embroidered fronts; sizes 36 to 42. Special ..... \$4.95

#### Eiderdown Bath Robes. \$6.75

Eiderdown Bath Robes in a range of light and dark colors, good weight

London East. Phone 3213.



# Pongee Silk Waist, \$1.98

Pongee Silk Waist in natural color, sizes 36 to 44. Special .....\$1.98 each

Away From the High Rent.

DIARY OF A FASHION MODEL

BY GRACE THORNCLIFFE.

Solving the Problem of Draping With An Economical Use of Material.

Although the multitudinous draping of former days is doomed, at least for the present retrenchment period, nevertheless there are methods of achieving states there are methods of achieving the season are the same throw of material. Comparatively little fabric is used, when one remembers the yards and yards that used to go into the same material with a graduating of the same throw of material. Catheren the use of draping. Often an even illink the use of draping. Often an even illink the use of draping. Often an even illink the use of draping. Often and the same throw of material, but there is mark throw of material, but there is marked the back when one remembers the yards and yards that used to go into the same material with a graduating draped suit in former days. In throw of material, but there is a straight line immediately infectly wholesome, but washing down the south that side, too, is somewhat shorted the back where the coat is contained used in this cost une is suited in the south that same material used in this cost une is midigate blue dueveyne, and the same material with a graduating the same material with a graduating the same material with a graduating throw of material, but there is a straight line immediately infectly wholesome, but washing down the section with a water to wash down the feet when one a straight line immediately infectly wholesome, but washing down that severity the best when one a straight line immediately infectly wholesome, but washing down that severity little fabric is a straight line immediately infectly wholesome, the same table in the same through distribution of the coat is a straight line immediately infectly wholesome, the same through distrib

#### KITCHEN ECONOMIES BY ISOBEL BRANDS

OF THE APPLECROFT EXPERIMENT STATION.

Is a lunch box part of the outfit of wich. It is not necessary to have sandone of the children of your family? Putting up a dally lunch is a problem with
many mothers, but it is one which can
many mothers mothers mother mothers many mothers be much simplified by the use of little nourishment.

For sweets, the lunch box can contain

Preparing Appetizing Lunches For School Children.

labor-savers.

The lunch box of either a small child or adult should contain:

1—Some substantial item, such as sandwiches.

2—Fruits or sweets.

3—Some liquid.

Variety in Sandwiches.

Sandwiches can be varied day by day if you will keep on hand several jars containing respectively some minced meat, canned fish, peanut butter, cheese, either home-made cottage cheese or one of the excellent prepared varieties, and mayonnaise. With such an assortment it is possible to have different sandwiches every day that will be tempting, palatable and nutritious.

For example, sandwiches consisting of lettuce, sliced vegetables or fruit spread with egg mayonnaise are refreshing and wholesome as well as filing.

Peanut butter or some home-made fruit butter makes an excellent sandwill be tempted to satisfy his thirst by

Silence is the best resolve for him who distrusts himself.—Maxim, 79. The man who insists on giving other people a piece of his mind is usually a man who has little mind to spare.

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